



# INSTRUCTIONAL PACKAGE

CUL 118

Nutritional Cooking

Effective Term  
Spring/2020

# INSTRUCTIONAL PACKAGE

## Part I: Course Information

Effective Term: 2019-2020

COURSE PREFIX: CUL-118

COURSE TITLE: Nutritional Cooking

CONTACT HOURS: 10

CREDIT HOURS: 3

### **RATIONALE FOR THE COURSE:**

This course centers on an explanation of the basic principles of nutrition and their relationship to health. The structure, functions and sources of nutrients including carbohydrates, fats, vitamins, minerals, and water are discussed. Current issues in nutrition are reviewed, including dietary guidelines, energy balance, vitamin supplements, and food fads. Students also focus on the principles of planning wholesome, nutritionally balanced meals using traditional foods and ingredients. Students will plan, analyze and prepare menus that meet nutritional guidelines.

### **COURSE DESCRIPTION:**

This course focuses on the principles of food nutrition (based on ADA standards) and international food pyramids. Students will create menus, prepare and cook meals while adhering to the principles of a balanced diet.

### **PREREQUISITES/CO-REQUISITES:**

ServSafe Sanitation Certificate or completion ICI SAN-ICI –Sanitation Digital Course, CUL104 Introduction to Culinary Arts, CUL105 Kitchen Fundamentals, CUL112 Classical Foundations of Cooking

### **REQUIRED MATERIALS:**

#### **Cooking for Special Diets,**

Katherine Polenz, The Culinary Institute of America (CIA)

ISBN : 978-1-118-13775-8

**On Cooking,** A Textbook of Culinary Fundamentals

Please visit the Bookstore online site for most current textbook information. Use the direct link below to find textbooks.

<http://hortec.bncollege.com/webapp/wcs/stores/servlet/TBWizardView?catalogId=10001&langId=-1&storeId=51560>.

Enter the semester, course prefix, number and section when prompted and you will be linked to the correct textbook.

### **ADDITIONAL REQUIREMENTS:**

1. Course Pack: given to you by instructor
2. Materials: pen, pencil, sharpie marker, notebook, and knives.
3. Uniform: Double Breasted Coat w/ College Logo and Name Embroidered, Checkered Pants, Scarf, school issued chef's hat, White Apron, and Black Slip Proof Kitchen Shoes

### **TECHNICAL REQUIREMENTS:**

Access to Desire2Learn (D2L), HGTC's student portal for course materials.  
WaveNet and D2L email access.

### **CLASSROOM ETIQUETTE:**

As a matter of courtesy to other students and your professor, please turn off cell phones and other communication/entertainment devices before class begins. If you are monitoring for an emergency, please notify your professor prior to class and switch cell phone ringers to vibrate.

## **Part II: Student Learning Outcomes**

### **COURSE LEARNING OUTCOMES and ASSESSMENTS\*:**

#### **Course Learning Outcomes:**

Upon successful completion of this course, the student should be able to:

- Describe the structure, and explain the function of carbohydrates, fats and proteins in our diets; list food sources.
- Identify factors that adversely affect nutrient retention, and the best methods of food preparation for conserving nutrients, not only during cooking, but also in preparation and storage.
- Describe and explain the role and responsibility of the Chef in making sound nutritional choices available to their customers that not only are "*good for you*", but also, look and taste good.
- Apply the theoretical knowledge gained in lecture to practical use, utilizing the skills and cooking methods learned in the *CUL 104*, *CUL 105* and *CUL 112* classes.
- Explain the relationship between diseases, such as cardiovascular disease, hypertension, and cancer to nutrition.
- Discuss contemporary nutritional issues such as vegetarianism, heart healthy menus and religious dietary laws.

As the student progresses through the curriculum, the chef/instructor will also evaluate the student's ability to execute secondary learning outcomes. The following outcomes will be addressed in current course, and are considered a critical element to the student's success:

- Mise en place
- Weights and Measures
- Knife Skills
- Basic culinary fundamentals

### **Course Objectives:**

While Course Learning Outcomes are specific areas of importance, objectives define a broader set of goals. At the completion of this course the student should be able to:

- Define nutrition.
- Employ all rules as presented in the student handout regarding personal hygiene
- Participate and function in a group atmosphere
- Demonstrate adult and professional manner during all classes, both laboratory and lecture
- Select and use proper amounts of food for any given recipe or preparation
- Utilize proper techniques to clean, prepare, and cook food items to achieve maximum yield
- Apply all sanitary rules and codes in regard to cleaning of small utensils and heavy equipment. Maintain work area in a clean, sanitary, and organized condition
- Explain and justify the significant role nutrition plays in the foodservice industry.
- Interpret the nutrition information, which appears on food labels
- Identify the dietary guidelines established by the United States Department of Agriculture and other various organizations and agencies.
- Identify seven guidelines/principles of nutritional cooking

All course objectives outlined will be covered; however, the exact sequence and timing may be adjusted by the chef/instructor to facilitate group size and the group's ability as well as availability of food product.

The chef will also pay attention to the following points in accordance with the general objectives:

- Use tools, especially French knife, in a professional way.
- Communicate with the Chef/Instructor using culinary terminology.
- Abide by the rules established by the uniform standard of appearance.
- Maintain your work area in a clean, sanitary and professional condition at all times.
- Time the preparation and cooking of your assigned items properly.
- Participate in the stewarding.
- Serve food clean and properly garnished.

### **Instructional Materials:**

- Students will become familiar with issues and course content through assignments and reading material
- Instructor will provide additional information in a lecture/discussion format
- Instructor will provide additional information and skills in a hands-on lab format
- Instructor will introduce particular topics, clarify reading, identify major issues of significance and indicate the focus of class discussion or lab assignments
- Student will apply the course information through the use of assignments, class discussions, web site materials, case studies, hands-on assignments, and exams

**Estimated Homework Hours:** Lab: 2 hours per week; Non-Lab: 2-4 hours per week

**Technology Needed:** Hand calculator, access to a computer and/or computer lab

***\*Students – please refer to the Instructor’s Course Information sheet for specific information on assessments and due dates.***

## **Effective Professional and Interpersonal Communication (EPIC)**

This course fulfills HGTC’s Quality Enhancement Plan for Effective Professional and Interpersonal Communication. Upon completion of this course, students will be able to:

- Utilize appropriate communication formats when conveying professional and interpersonal thoughts and ideas.
- Apply appropriate language when speaking and writing for their chosen field of study or Industry.
- Demonstrate appropriate communication techniques when engaging audiences.

### **Part III: Grading and Assessment**

#### **EVALUATION OF REQUIRED COURSE MEASURES/ARTIFACTS\***

Students’ performance will be assessed and the weight associated with the various measures/artifacts are listed below.

Daily Grade	14 days X 25 points	350	39%
Journal	6 X 25 points	150	18%
Project Written	1 X 100 points	100	12%
Assignments & Quizzes 2 EA	4 x 25	100	12%
Knife Practical	1 x 50-Pass/Fail	50	7%
Final practical (cooking)	1 x 100-Pass/Fail	100	12%
Total		850	100.00

## EVALUATION\*

### IMPORTANT ADDITIONAL NOTES – SPECIFICS ABOUT ASSIGNMENTS:

**Daily Points Breakdown (Total of 25 points per day) for 41% of Final Grade  
(An absence equals ZERO, Late up to 15minutes Minus 4, Late over 15 minutes Minus 10)**

Recipes	1-5pts
Sanitation SOP's	1-5 pts
Professionalism/Teamwork	1-5 pts
Quality of Production/Menu Critique	1-5 pts
Uniform	1-5 pts

	ATTENDANCE	RECIPE CARDS	SANITATION SOP's	PROFESSIONALISM TEAMWORK	MENU CRITIQUE	UNIFORM
	<b>P=Present A=Absent L=late E=left early</b>	<b>Handwritten Bound All recipes Neat Correct</b>	<b>Followed and practiced continuously Kitchens completely cleaned before departure from class</b>	<b>Work ethic Active participation. Follows assigned tasks for position. Completes tasks in reasonable time. Makes prep lists. Observes demos Takes notes</b>	<b>Technique Flavor Temperature Presentation Overall Quality of Production</b>	<b>Uniform is complete: Clean Pressed/Not wrinkled Apron Hat Scarf Tools Shoes Nails No Jewelry</b>
<b>Points</b>	<b>0-25</b>	<b>0-5</b>	<b>0-5</b>	<b>0-5</b>	<b>0-5</b>	<b>0-5</b>
<b>WK</b>	<b>1-7</b>	<b>1-7</b>	<b>1-7</b>	<b>1-7</b>	<b>1-7</b>	<b>1-7</b>

***\*Students, for the specific number and type of evaluations, please refer to the Instructor's Course Information Sheet.***

### **GRADING SYSTEM:**

All assignments must have clear criteria and objectives to meet. All students shall be treated equitably. It will be that student's right to know his/her grade at any reasonable point that information is requested by that student. Student Evaluation/Grading Policies:

HGTC has a standardized, recommended grading scale for academic courses. The grading scale requires that grade within the indicated range be defined as:

Please note the College adheres to a 10 point grading scale A = 100 – 90, B = 89- 80, C = 79 – 70, D = 69 – 60, F = 59 and below.

Grades earned in courses impact academic progression and financial aid status. Before withdrawing from a course, be sure to talk with your instructor and financial aid counselor about the implications of

that course of action. Ds, Fs, Ws, WFs and Is also negatively impact academic progression and financial aid status.

The Add/Drop Period is the first 5 days of the semester for **full term** classes. Add/Drop periods are shorter for accelerated format courses. Please refer to the academic calendar for deadlines for add/drop ([ACADEMIC CALENDAR](#)). You must attend at least one meeting of all of your classes during that period. If you do not, you will be dropped from the course(s) and your Financial Aid will be reduced accordingly.

## Part IV: Attendance

Horry-Georgetown Technical College maintains a general attendance policy requiring students to be present for a minimum of 80 percent (80%) of their classes in order to receive credit for any course. Due to the varied nature of courses taught at the college, some faculty may require up to 90 percent (90%) attendance. Pursuant to 34 Code of Federal Regulations 228.22 - Return to Title IV Funds, once a student has missed over 20% of the course or has missed two (2) consecutive weeks, the faculty is obligated to withdraw the student and a student may not be permitted to reenroll. **Instructors define absentee limits for their class at the beginning of each term; please refer to the Instructor Course Information Sheet.**

**For online and hybrid courses**, check your Instructor's Course Information Sheet for any required on-site meeting times. Please note, instructors may require tests to be taken at approved testing sites, if you use a testing center other than those provided by HGTC, the center may charge a fee for its services.

The culinary/baking and pastry arts laboratories are professionally focused, skill-oriented learning experiences. The daily exercises in each laboratory are unique and are not repeated. Each student must attend every class to maximize his or her educational opportunities. Excessive absence will result in withdrawal from the laboratory segment by the instructor. You will be withdrawn from the course with a W/WF if you have more than 2 absence

## Part V: Student Resources



### The Student Success and Tutoring Center (SSTC)

The SSTC offers to all students the following **free** resources:

- 1. Academic coaches** for most subject areas, **Writing Center Support**, and **college success skills.**
- 2. On-line student success and academic support resources.**

Visit the SSTC website: [Student Success & Tutoring Center](#) and visit the student services tab in your WaveNet account to schedule appointments using TutorTrac. For more information, call: SSTC Conway, 349-7872; SSTC Grand Strand, 477-2113; and SSTC Georgetown, 520-1455 or go to the [Online Resource Center](#) to access on-demand resources any time.



## Student Information Center: WaveNet Central (WNC)

WNC offers to all students the following **free** resources:

1. **Getting around HGTC:** General information and guidance for enrollment!
2. Use the [Online Resource Center \(ORC\)](#) for COMPASS support, technology education, and online tools.
3. **Drop-in technology support or scheduled training** in the Center or in class.
4. **In-person workshops, online tutorials and more services** are available.

Visit the WNC website: [Wavenet Central](#). Live Chat and Center locations are posted on the website. Or please call one of the following locations: WNC Conway, 349-5182; WNC Grand Strand, 477-2076; and WNC Georgetown, 520-1473.

## Disability Services:

HGTC is committed to providing an accessible environment for students with disabilities. Inquiries may be directed to Beth Havens, Director of Student Development on the Conway Campus Jaime Davis, Counselor/Advisor on the Georgetown Campus or Kristin Griffin, Counselor on the Grand Strand Campus. These individuals will review documentation of the student's disability and, in a confidential setting with the student, develop an educational accommodation plan.

Note: It is the student's responsibility to self-identify as needing accommodations and to provide acceptable documentation. After a student has self-identified and submitted documentation of a disability, accommodations may be determined, accepted, and provided.

## Statement of Equal Opportunity/Non-Discrimination Statement

Horry-Georgetown Technical College prohibits discrimination and harassment, including sexual harassment and abuse, on the basis of race, color, sex, national or ethnic origin, age, religion, disability, marital or family status, veteran status, political ideas, sexual orientation, gender identity, or pregnancy, childbirth, or related medical conditions, including, but not limited to, lactation in educational programs and/or activities.

Inquiries regarding the non-discrimination policies: Students and prospective student inquiries



concerning Section 504, Title II, and Title IX and their application to the College or any student decision may be directed to the Vice President for Student Affairs, Dr. Melissa Batten, VP Student Affairs, Title IX Coordinator, Building 1100, Room 107A, Conway Campus, PO Box 261966, Conway, SC 29528-6066, 843-349-5228, [Melissa.Batten@hgtc.edu](mailto:Melissa.Batten@hgtc.edu). Employee and applicant inquiries concerning Section 504, Title II, and Title IX and their application to the College may be directed to the Vice President for Human Resources, Jacquelyne Snyder, VP Human Resources, Section 504, Title II, and Title IX Coordinator, Building 200, Room 212A, Conway Campus, PO Box 261966, Conway, SC 29528-6066, 843-349-5212, [Jacquelyne.Snyder@hgtc.edu](mailto:Jacquelyne.Snyder@hgtc.edu).

**Title IX Requirements**

All students (as well as other persons) at Horry-Georgetown Technical College are protected by Title IX—regardless of their sex, sexual orientation, gender identity, part- or full-time status, disability, race, or national origin—in all aspects of educational programs and activities. Any student, or other member of the college community, who believes that he/she is or has been a victim of sexual harassment or sexual violence may file a report with the college’s Chief Student Services Officer, campus law enforcement, or with the college’s Title IX Coordinator, or designee.

\*Faculty and Staff are required to report incidents to the Title IX Coordinators when involving students. The only HGTC employees exempt from mandatory reporting are licensed mental health professionals (only as part of their job description such as counseling services).

<p><b>Inquiries regarding the non-discrimination policies:</b></p>	
<p>Student and prospective student inquiries concerning Section 504, Title II, and Title IX and their application to the College or any student decision may be directed to the Vice President for Student Affairs.</p>	<p>Employee and applicant inquiries concerning Section 504, Title II, and Title IX and their application to the College may be directed to the Vice President for Human Resources.</p>
<p><b>Dr. Melissa Batten, VP Student Affairs</b> <i>Title IX Coordinator</i></p> <p>Building 1100, Room 107A, Conway Campus PO Box 261966, Conway, SC 29528-6066 843-349-5228 <a href="mailto:Melissa.Batten@hgtc.edu">Melissa.Batten@hgtc.edu</a></p>	<p><b>Jacquelyne Snyder, VP Human Resources</b> <i>Section 504, Title II, and Title IX Coordinator</i></p> <p>Building 200, Room 212A, Conway Campus PO Box 261966, Conway, SC 29528-6066 843-349-5212 <a href="mailto:Jacquelyne.Snyder@hgtc.edu">Jacquelyne.Snyder@hgtc.edu</a></p>